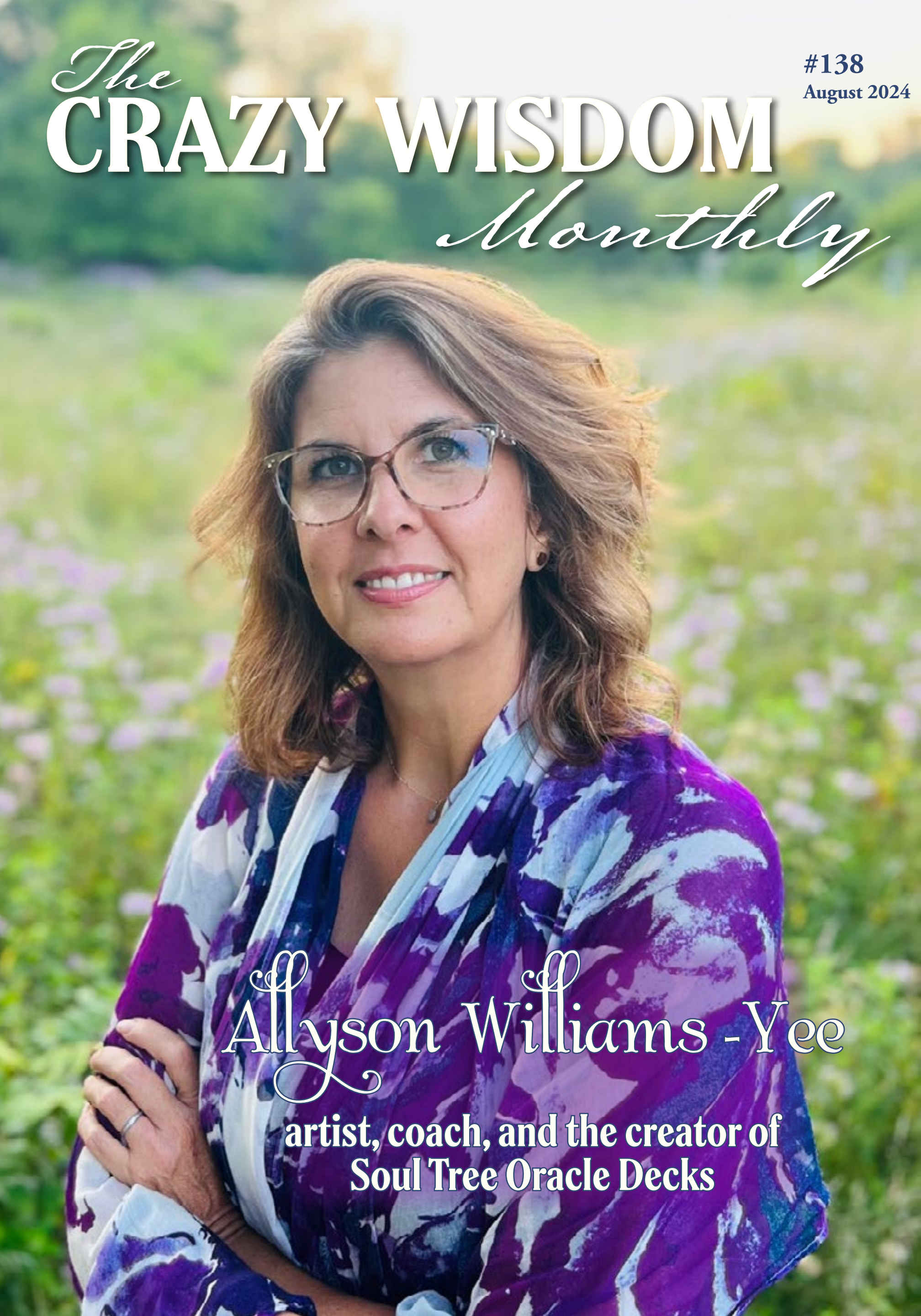
#138
August 2024

The CRAZY WISDOM Monthly



Allyson Williams - Yee

artist, coach, and the creator of Soul Tree Oracle Decks

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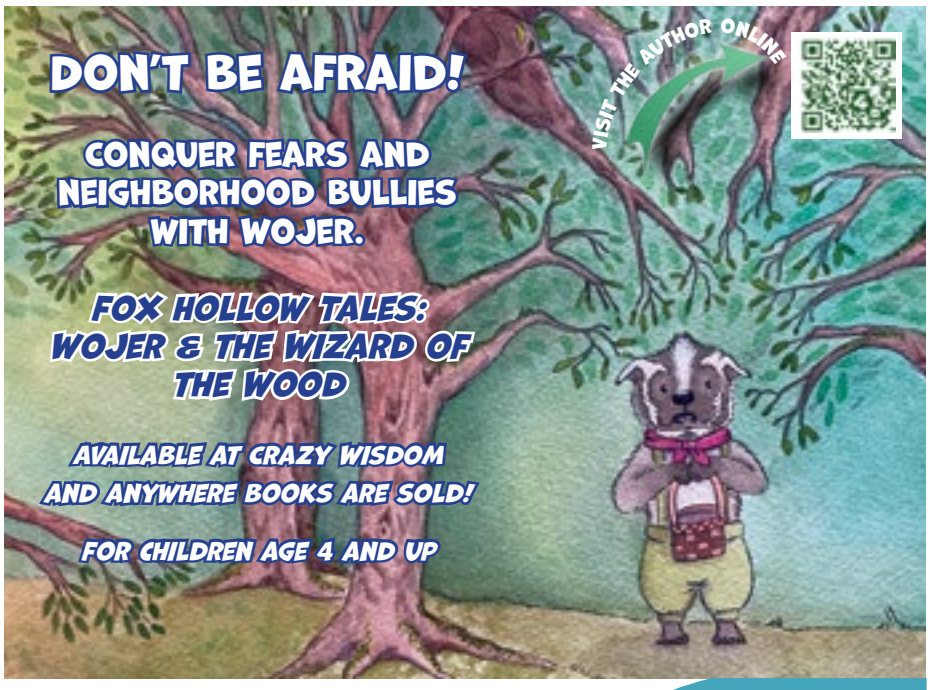
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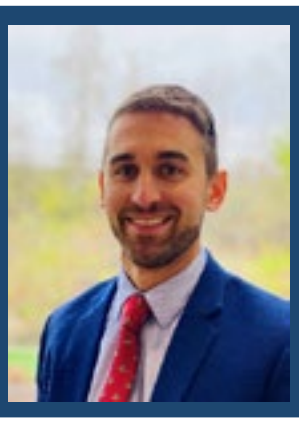

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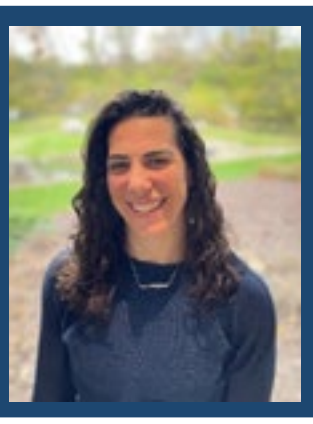

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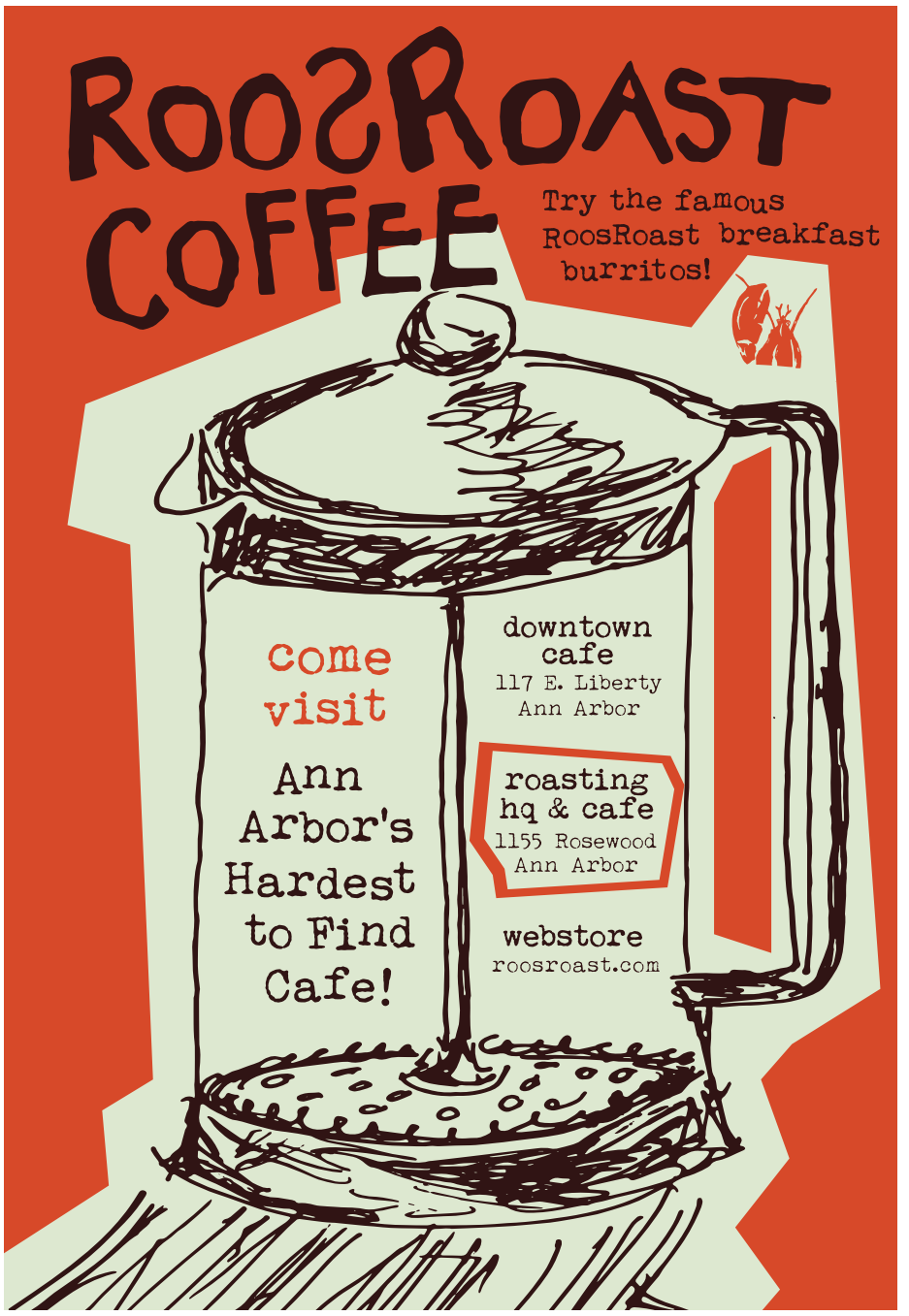

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Cover Photo by Malcom Yee.

Thanks to our contributors for this issue:

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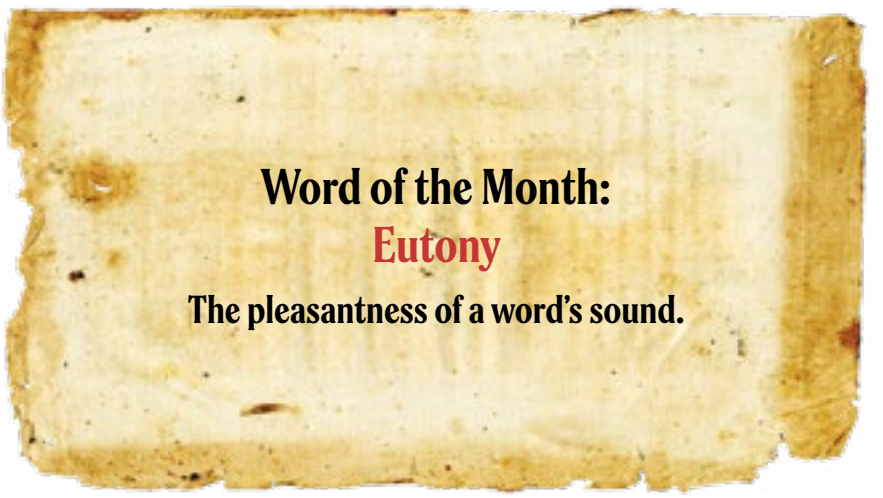
Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.



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Allyson Lee, artist, coach, and the creator of Soul Trees Healing Arts and the Soul Trees Oracle Decks. Photo by Malcom Yee.

Get excited! Our fall issue is almost here!

The Crazy Wisdom Community Journal

Features

issue 87

•Eve Wilson
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• Autumn Foraging...and more!

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The Magnolia Blooms Spoke

By Samantha Beidoun

I had three big dreams for my adult life: to be married, to have one more child planned within a marriage, and to live at a location that was within walking distance to most necessities. In the winter of 2020, I had a deep soulful conversation with my reflection. My boyfriend was obsessing over motorcycles and marriage seemed off-putting to him. I told myself that I needed to drop the idea of being a bride because honestly, we were fine. If marriage didn't make sense to him, then I would drop the subject forever, and live in peace knowing that I had the best guy around for me and my children. Two weeks later I was wearing a sapphire ring with aquamarine and peridot accent stones (the kids' birthstones) on my left hand, and by that summer we had a small wedding in our backyard. I was a wife!

If marriage didn't make sense to him, then I would drop the subject forever, and live in peace knowing that I had the best guy around for me and my children. Two weeks later I was wearing a sapphire ring...

At this point I had dropped the idea of having any more children. A perk to having my other two in my early twenties was that we could be empty nesters as soon as our late 30s and that idea was starting to settle well. I set my 31st birthday as my cut off marker for having any more babies. However, the idea of growing a family became appealing to my husband, and I extended the cutoff age for myself, and we welcomed our first child together five months after my 31st birthday. Life dream number two achieved!

And then at some point, my husband and I weren't in the starry-eyed, blissed state anymore. We were off from the high of our first year of marriage in which nine of those twelve months I was pregnant. The second-year excitement of the new baby, and my husband's official adoption of my older kids had worn away, and we retreated back into our regular daily dysfunctions. We were in the depths of parenting and diapering and in the hard reality of a failed attempt to sell our house that I had wanted out of for years.

One day we found ourselves with an unexpected opportunity–the kids weren't home with us, and it was my husband's day off work. We decided it would do us good to get out of the house and reconnect. We got to the house and right when we pulled up there was a beautiful magnolia tree in bloom.

We were driving back and forth from our home in Grass Lake to the kids' schools and friends and extracurriculars in Dexter and jobs in Ann Arbor. We were just driving, and driving, and driving, and I craved to belong somewhere. I didn't feel like I was a part of any community. We slept in one town, but our lives were being lived in another. We were learning how to parent a child together, the world was starting to become more stabilized after the pandemic, but we were just sort of stuck in the "figuring out of what normal was" in our collaboration of this legally bound team. With navigating how to balance time for us and our children, while still being our own selves, and not feeling settled about where home was, life seemed overwhelming.

One day we found ourselves with an unexpected opportunity–the kids weren't home with us, and it was my husband's day off work. We decided it would do us good to get out of the house and reconnect. We started at Matthaei Botanical Gardens. It was early May and not a lot was blooming outside, but we enjoyed the fresh air with the dry dirt beneath our feet surrounded bythe budding trees and glimpses of green poking up all around. And then at the end of our little trek, there was one tree that was fully in bloom and making its presence known. It was a magnolia tree, and I was totally entranced by its magenta pink hues that faded into the white tips of the petals.

"If we ever move, I want a magnolia tree in the yard," I stated. We both had a glimmer of desire for trying to move again but didn't talk too seriously about it since just a couple of days prior we semi-agreed on waiting a couple more years. With the not so favored memories of the difficulties that trying to sell a house and find a house brought, we decided to go to Misfit Coffee and connect over different topics. We sat in the front window with our beautiful lattes and shared conversation and the most perfectly frosted donut. I remember rambling about silly things between pauses in my husband's car talk, like how cool the element of copper is and how I just learned that if you stick a penny at the bottom of a vase of tulips they won't droop. It was then that we were interrupted by a call to come look at a house that wasn't technically on the market yet. It was a lead from a friend, and the homeowner was willing to have us come check out his place.

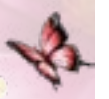
We were in the depths of parenting and diapering and in the hard reality of a failed attempt to sell our house that I had wanted out of for years.

I was apprehensive. We weren't really looking anymore after the previous summer's stress and heartbreak. I didn't want to feel that defeat or get excited over another house just to lose it again. And the house was in a subdivision! My introverted self never thought that I would be okay living in a place where I could see everyone else's space and maybe have to give a friendly wave to someone when outside getting the mail. But maybe looking at this house, with not enough space for my husband's cars, but enough space for all three kids to live more comfortably, would be worth looking at.

We got to the house and right when we pulled up there was a beautiful magnolia tree in bloom. Its brilliant soft magenta pink and white petals reached up toward the sky, greeting us with a friendly and firm open-petaled welcome. I swallowed down this sign from the universe that this was *our house*. I tried to tell myself this wasn't a sign—it was just a coincidence. We walked around the house that was far more functional in its layout than our house was and at the backdoor was a small terrier who we were introduced to as Copper. We left and I couldn't believe that a magnolia tree and a dog could have just restored all my hope for my future and sparked some excitement that I had perfected in burying deep. Was this supposed to be our house? Was I being called to living on less acreage and smiling at neighbors? My driving would be almost entirely eliminated if we lived there. The kids could walk or ride their bikes to school. It was within walking and biking distance to the downtown, to the grocery store, to our doctors, to restaurants, to a therapy office! There was a public playground right off the backyard and the friendliest group of neighbors. It even came with most of the main furniture for a very small extra price. It was all too good.

We decided to try this moving thing again, and by some miracle, our house sold, and we were in the process of taking over the ownership of the Dexter house within one week of our magnolia tree encounter. It's been almost a year since, and my husband and I are still in awe at how unbelievably smooth the transition went.

Copper is a fruitful source and dogs named after it might be guiding you to luck. Acknowledge when the trees and blooms are calling out to you.



I don't allow myself to get excited about much. My heart doesn't handle disappointment and hurt well, so I guard it and don't let the positive emotions flow through easily in case they get crushed; Yet, I can say that I am solidly excited realization that I made it; I managed to have all of my big dreams come true.

I don't have the exact formula for how to make dreams come true, but I will say that a chat with your reflection might make an impact. Copper is a fruitful source and dogs named after it might be guiding you to luck. Acknowledge when the trees and blooms are calling out to you. Call them beautiful, and thank them for the air, and for sudden and wished for life changes. It's easy to get sucked into what isn't making sense and what hurts, but good things are always waiting to be unveiled in the least likely of times.

Samantha Beidoun is a stay at home mom of three, who loves to share meaning of small moments and nature's whispers. She enjoys writing personal essays, reading, cooking, and raising monarchs.

Handcrafting

Little Bug Fairies

A Waldorf-style Pocket Doll

By Jennifer Carson

Summer brings showers, flowers, and faeries back into our gardens! These cute Little Bug Faeries are great for entertaining little ones during story time, while riding in a car, or waiting to see the doctor. They are so easy to make, you'll find yourself making one in every color of the rainbow!

Materials Needed:

- 6" square of cotton velour
- 4" square of linen or other wing material
- 3x4" square of cotton interlock knit
- Wool stuffing
- Embroidery floss for eyes, nose, mouth, hair, flowers
- Heat erasable pen
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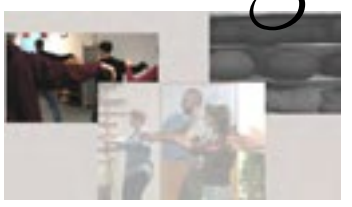

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FROM OUR COVER

5 questions for Allyson Williams-Yee

What inspired you to create an oracle deck?

My first deck was birthed unexpectedly from the personalized Soul Trees I was creating. I began creating Soul Trees (custom intuitive paintings) in 2012 for family, friends, and then customers which was a perfect way to combine my love for painting trees, intuition, and self-discovery.

There was a point when I had created dozens of Soul Trees and realized each one had a unique core message, and they all were so different that a friend recommended I create a Tarot deck. At the time I felt I didn't know enough about Tarot to create a deck. I soon realized I did have an oracle deck unfolding before me. So, I continued creating Soul Trees and began playing by putting them together in the form of a deck. Soul Trees Oracle was the first deck I created. This deck went through a few different versions, and I learned so much throughout the process. Creating the first deck, and each deck following, has been its own self-discovery journey.

How did you get interested in intuition and spiritual awakening? Why did you choose to explore this path as a profession?

I got my BFA at Wayne State University and moved out to Los Angeles to become a special effects makeup artist. I loved creating and at the time I loved movies and the whimsical. Reflecting back, I guess I wanted to bring the mystical to life in that way. After a couple of years, I discovered the industry was not for me. I found work teaching art and really loved that it gave me the opportunity to paint, develop my style, and push my work further. At the same time, I was also becoming increasingly interested in self-discovery, intuition, dreams, healing modalities, and found that I loved infusing an ethereal aspect into my art. Interestingly, I couldn't figure out how to bring them together beyond what I painted. They were separate interests. I hadn't found the avenue in which I felt called to share my art, outside of galleries and art fairs, I didn't know what was possible.

After a few years my husband and I moved to Chicago where I dove deeper into spiritual awakening. I continued painting, reading, took all kinds of classes, and had my daughter. One day, (moving back to your first question), while she was napping, I laid down and as I was falling asleep, I heard the words "Soul Trees" which was an "aha" and a beginning. This was the bridge that brought both of my interests together and I came to discover that creating decks invites self-discovery and inspires a connection to our inner wisdom/intuition, which brought my passions together and was exactly how I wanted to share my artwork.

Do you create the art and the intentions? How do you know the image you created is "right" for the intention offered?

This is a great question. There are a couple of different approaches I take depending on what I am creating: for another person, for myself, or for a deck. The common thread is that I have learned to trust and follow what I am feeling and sensing. When creating Soul Trees for others, I always begin with their intention or my own intention depending on the request. When creating artwork for the other decks, or just for the sake of creating, I follow my inner guidance, what I feel called to create. Whether it's a feeling to express or a particular color/palette I want to work with, I begin there and see where it leads me and what develops during the process. I have learned to be open and honor what unfolds either from an intention or following how I feel inspired to begin and then trust my process.

You also offer coaching and Body Code Sessions. Can you tell us more about your practice?

As I mentioned earlier, over the years I have explored many different holistic modalities and artistic mediums… In 2017-18 I had a health crisis that launched me even further into energy healing and self-discovery. I really dove into all kinds of things, but at the time what really interested and supported me personally was coaching (Martha Beck's Wayfinder Training) and Discovery Healing's Emotion/Body Code.

I enjoy integrating these three approaches to support others in creative ways. The Body Code addresses emotional and energetic health, coaching provides structure and support for personal development, and Soul Trees Oracle cards offer spiritual and intuitive reflection. Together, these modalities empower individuals to heal, grow, and align with their true selves on physical, emotional, and spiritual levels. They promote holistic well-being and facilitate transformative change by addressing root causes and providing personalized guidance and support.

Tell us more about your decks.

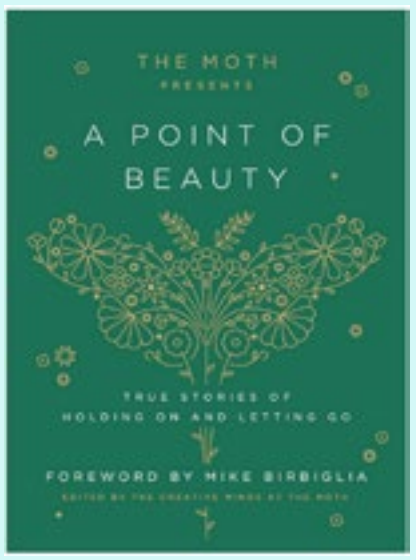
The Dreamer's Journey was inspired by Tarot's Major Arcana. The 22 major arcana cards depicted in the deck represent the journey of spiritual discovery and the different stages we encounter on the path toward awakening. In this deck, the Dreamer guides our journey. There are 26 complementary cards, making the most recent version a 48-card deck. The Dreamer's Journey has had a few editions, the most recent is a pocket size, which I decided to try for a variety of reasons, and I love it. The original artwork was created using oil paint on canvas which lends to the dreamy and rich imagery. Each of my five decks I've created using a different paint medium which has played an important part of the individual expression and energy of each deck.

The Soul Seeds Oracle is the most recent creation and followed on the heels of the Soul Trees Ascension deck. I created these decks back-to–back and even overlapped for a time over the Covid shutdown, I found it to be an extremely creative time for me.

The Ascension Deck invites expansion and Soul Seeds is fun and imaginative. All the decks support our self-discovery journey and foster a connection to our inner guidance through a unique and intuitive expression. They all encourage you to go within and trust the answers are already within you. They assist in connecting you to your inner wisdom, igniting and building intuitive muscle and supporting personal expansion.

Allyson Williams-Yee is an artist, coach, and the creator of Soul Trees Healing Arts. She has created five oracle decks which focus on self-discovery and assist individuals in accessing their innate wisdom. Her Soul Trees decks have reached all 50 states as well as 52 countries worldwide. William-Yee received her BFA from Wayne State University, has completed Martha Beck's Wayfinder Coach training, and is a Certified Emotion Code, Body Code, and Belief Code Practitioner. She lives in the Ann Arbor area with her famil. Learn more about her work and decks at Soul-Trees.com.

CW Book Picks *of the month*



An international rescue mission for Paddington Bear. A family matriarch running numbers in Detroit. An epic Lucha Libre showdown in Mexico City. A beach vacation spent looking for the Kennedys. Storytellers from around the world share times they found real beauty in the moments when their lives changed forever—for better or for worse.

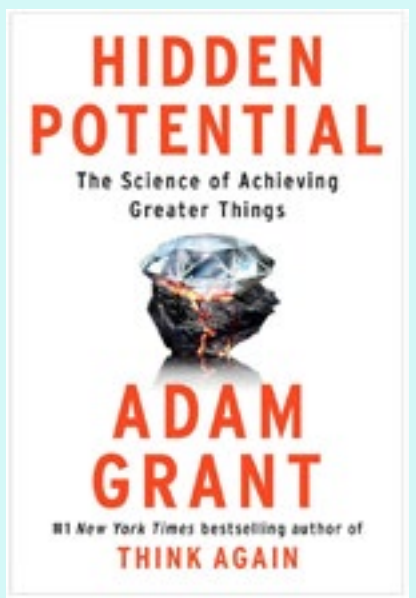
Carefully selected by the creative minds at The Moth and adapted to the page to preserve the raw energy of stories told live, on stage, and without notes, A Point of Beauty features voices familiar and new. This collection offers a shared message: If we look closely enough, we can find power in strengthening frayed bonds but also in having the courage to walk away from things that no longer feed our spirit. Through these storytellers' passion and their hope, they teach us all about what's worth holding on to: our relationships with those we love the most, our understanding of ourselves, and—of course—gathering together to tell and listen to our stories.

Purchase your copy of *A Point of Beauty* at shopcrazywisdom.com

Carefully selected by the creative minds at storytelling phenomenon The Moth, and adapted to the page to preserve the raw energy of stories told live, onstage and without notes, Occasional Magic features voices familiar and new. Inside, storytellers from around the world share times when, in the face of seemingly impossible situations, they found moments of beauty, wonder, and clarity that shed light on their lives and helped them find a path forward.

From a fifteen-year-old saving a life in Chicago to a mother of triplets trekking to the North Pole to a ninety-year-old Russian man recalling his standoff with the KGB, these storytellers attest to the variety and richness of the human experience, and the shared threads that connect us all. With honesty and humor, they stare down their fear, embrace uncertainty, and encourage us all to be more authentic, vulnerable, and alive.

Purchase your copy of *Occasional Magic* at shopcrazywisdom.com



We live in a world that's obsessed with talent. We celebrate gifted students in school, natural athletes in sports, and child prodigies in music. But admiring people who start out with innate advantages leads us to overlook the distance we ourselves can travel. We underestimate the range of skills that we can learn and how good we can become. We can all improve at improving. And when opportunity doesn't knock, there are ways to build a door.

Hidden Potential offers a new framework for raising aspirations and exceeding expectations. Adam Grant weaves together groundbreaking evidence, surprising insights, and vivid storytelling that takes us from the classroom to the boardroom, the playground to the Olympics, and underground to outer space. He shows that progress depends less on how hard you work than how well you learn. Growth is not about the genius you possess—it's about the character you develop. Grant explores how to build the character skills and motivational structures to realize our own potential, and how to design systems that create opportunities for those who have been underrated and overlooked.

Many writers have chronicled the habits of superstars who accomplish great things. This book reveals how anyone can rise to achieve greater things. The true measure of your potential is not the height of the peak you've reached, but how far you've climbed to get there.

Purchase your copy of Hidden Potential at shopcrazywisdom.com

Community Spotlight

By Lynda Gronlund

The Rudolph Steiner School of Ann Arbor will begin offering a new, fully outdoor kindergarten program for children ages four to six for the 2024-25 school year.

Angela Gladstone, the school's Early Childhood Pedagogical Coordinator, said that these outdoor kindergarten programs have sprung up in more Steiner schools in the last decade, especially in New York where there are several programs upstate and even one in Central Park in New York City. The school's existing kindergarten program already has the children spending several hours outside each day, allowing them to develop gross motor skills and a relationship with nature while getting lots of movement. The children build their observation skills watching birds, animals and insects, and plants throughout their growth cycle. Those foundational skills will serve them in science education and other areas later.

Gladstone explained that immersing the students in the outdoors through projects, work, and play engages their mind, bodies, and spirits in ways that help them grow into resilient, confident kids. Waldorf education, the basis of the Rudolph Steiner Schools, does not teach academics in early childhood, instead working on pre-reading, brain development, motor skills, and other age-appropriate goals. The outdoor kindergarten program will include activities like gardening, learning the names of birds, animals, and plants, making simple structures like a lean-to, creating houses for fairies and gnomes, and gathering around a fire on colder days.

With our Michigan weather, it will be important for the children to be appropriately clothed, said Gladstone, and they will not stay outdoors in dangerous weather such as when the windchill is too low. On those days they will stay inside the school. For most days, there is a small semi-indoor space for them that stays at about 50 degrees in cold weather, where the children can do arts and crafts, and eat their lunches and snacks (Gladstone noted that eating outdoors with bare hands in the winter can be unpleasant!) For the most part, however, the children will stay outside. "We want to be able to inspire love for, and a relationship with, nature," she said, and immersing the students in the outdoors will encourage this.

The class will be capped at 18 students and will have three adults with the children. It will run for the usual school year months, from September through June. Some parents have already begun the enrollment process for their children, but there are openings left at the time of writing.

More information about the Rudolph Steiner School of Ann Arbor is on their website at steinerschool.org. The school is located at 2775 Newport Road, Ann Arbor, MI 48103 and can be reached by phone at (947)517.6078 or by email at info@steinerschool.org.

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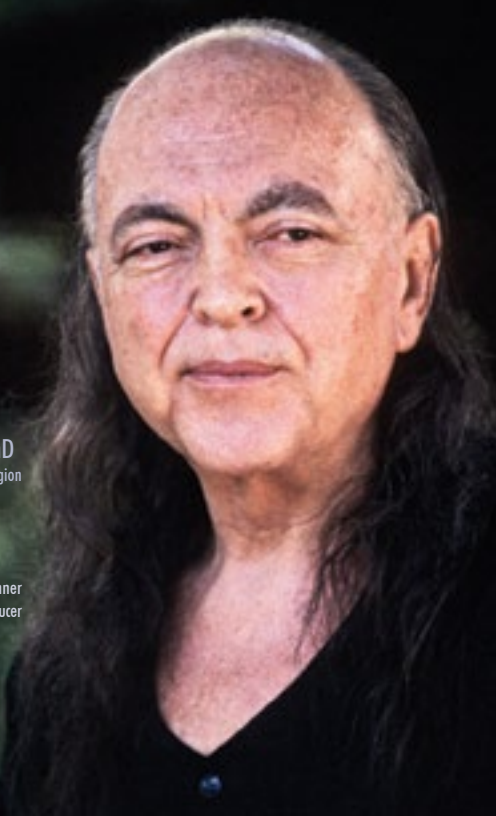

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The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

August 2024

Calendar edited by Kaili Brooks

Aromatherapy and Essential Oils

Reiki, Essential Oils, and AromaTouch Experience with Paula A. Burke • Thursday, August 1, 8, 15, 22, & 29. • 1:30 to 4:00 p.m. • Our wellness sessions are designed to give you an intimate and personalized experience. The session starts with a wellness scan, followed by crafting a custom essential oil blend and finishes with a mini-Reiki session and an AromaTouch Hand technique. These 30-minute sessions are $33. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Art and Craft

Crazy Wisdom Art Gallery Opening hosted by Susan Young with Watercolor artist, Jill McGinn • Thursday, August 8 • 6:30 to 8:30 p.m. • Grand opening reception. Help us celebrate the launch of our new Art Gallery! Featuring award-winning local watercolor artist, Jill McGinn. Exhibit Title: Expressive Sojourn. FREE. For more information contact eventsandbookings@crazywisdom.net.

Book Discussion Group

The Art of Creative Process with Pat Allen & Rabbi Adina Allen • Wednesday, August 21 • 7 to 9:00 p.m. • Join dynamic mother-daughter authors Pat Allen (Art as a Way of Knowing, Art as a Spiritual Practice) and Rabbi Adina Allen (The Place of All Possibility) as they delve into the power of creativity and art making as spiritual practice for personal and social transformation. FREE. Suggested donation $7. For more information contact eventsandbookings@crazywisdom.net.

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, July 7 & 21, & August 4 &18 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

Buddhism

Meditation and Discussion with Lama Nancy Burks, Drolma Buchanan, and Yeshe Soergel • Wednesdays • 7 to 8:00 p.m.• All are invited for a group meditation practice and Dharma discussion. Topics vary weekly but include Buddhist philosophy, history of Buddhism in Tibet, and meditation techniques. Questions welcome! FREE. For more information email contact@annarborktc.org or visit annarborktc.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Weekly on Sundays through August 25 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha's previous lives. No discussion on May 26 and July 28. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rimpoche • Tuesdays from through August 24 • 7 to 8:30 p.m. • "Practical Buddhism" offers video recordings of earlier teachings by Gelek Rimpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions will review Gelek Rimpoche's 2012 Sunday talks and into early 2013. No event on July 23. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Ann Arbor Gallery Nights in Kerrytown

Four galleries in Kerrytown, Ann Arbor, will welcome the public for special activities on the third Wednesday of the month from June 19 through October 16, 2024.

Ann Arbor Gallery Nights in Kerrytown complement the Ann Arbor Farmers Market Food Truck Rallies, also in Kerrytown, which take place on the same nights from July to October. All activities are open to the public from 5:00 p.m. to 8:00 p.m.

Chris Nordin Studios Gallery, Gutman Gallery, Kerrytown Concert House, and WSG Gallery are within walking distance of each other and the Food Truck Rallies. On Gallery Nights, each gallery will host a rotating roster of artist talks, demonstrations, artist pop-ups and special appearances, welcoming the public to celebrate Ann Arbor's vibrant art scene. The galleries feature artists from Ann Arbor and surrounding areas, including Detroit.

WHEN: Third Wednesday nights from 5:00 pm – 8:00 pm
August 21, September 18, October 16

WHERE: Chris Nordin Studio Gallery, 117 E. Ann Street
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Kerrytown Concert House, 415 N. 4th Avenue
WSG Gallery, 111 E. Ann Street

Attaining Lasting Satisfaction with Jewel Heart Instructors • Weekly on Mondays through September 16 • 7 to 8:30 p.m. • This course, based on public talks by Gelek Rimpoche, presents the qualities of a genuine spiritual path, and how they can bring us closer to our pure nature and help us attain lasting satisfaction in this lifetime. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Realizing the Profound View with the Venerable Thubten Chodron • Saturday, August 17 • 1 to 2:30 p.m. & 3:30 to 5:00 p.m. • Venerable Thubten Chodron explores important questions about who and what we are, how we exist, how to avoid falling into mindsets of absolutism and nihilism, and the topic of interdependence. Cost to be determined. Pay what you can - no one turned away. Online only, stream later at your convenience. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

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Gratitude for All That Is: A Community Gratitude Ritual with Kirsten Mowrey • Saturday, August 3 • 10:00 a.m. to 4:00 p.m. • Our grief and gratitude are intimately connected. We come together in this community ritual to give thanks for all we have received this year, to honor our losses and create a tangible gift to give back to our nurturing Earth. Based upon Francis Weller's village work, this ritual is designed for all ages, from children to elders. $110. For more information contact Kirsten at greatlakesrituals@gmail.com.

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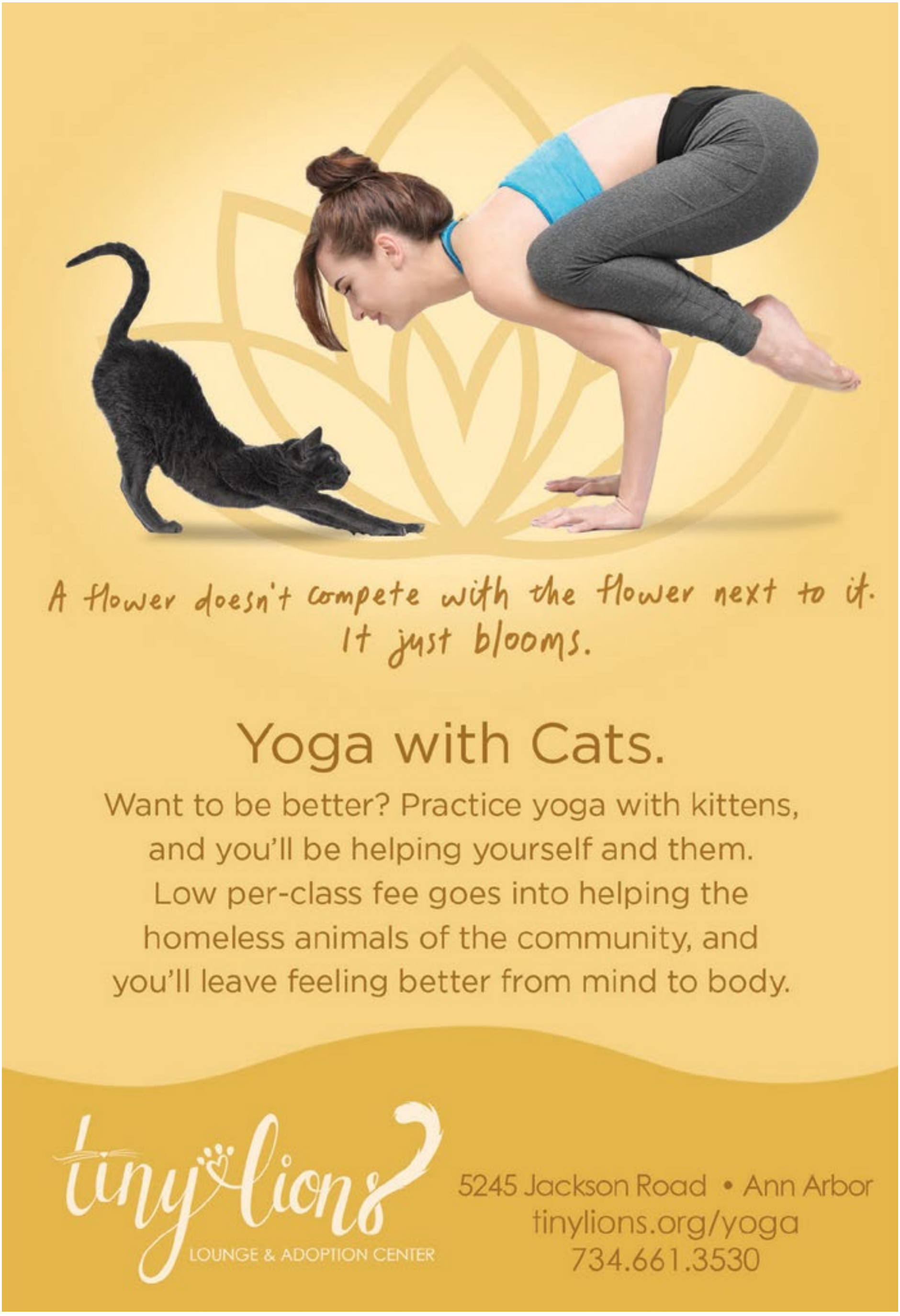
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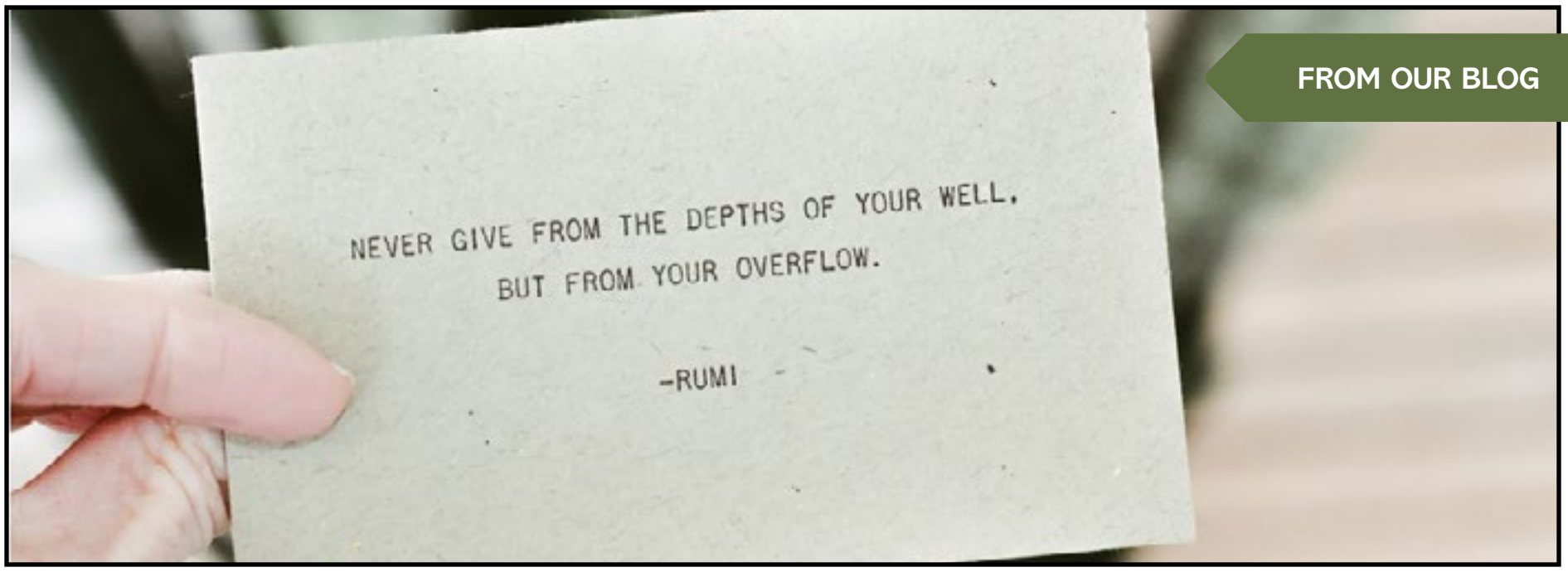

FROM OUR BLOG

Above and Beyond Self Care

By Michelle McLemore

The last few years have seemed to be the years of "Self-Care." It was advocated in every store and every social media platform. "Take care of you first." "Do what you need and if others don't understand, that's their problem."

Certainly, becoming exhausted from busy-ness serves no one well nor anyone long term. Yet, in all the well-meant advocating for self-love, the greater need for this message wasn't being delivered. Mental and physical self care is important because it is the means to clear thinking and understanding. This then yields the SO needed empathetic actions within our larger communities and in our higher spiritual walks.

Self care was never the end goal. Self care is stress management as a necessary part of the journey to Self Transcendence. Abraham Maslow's revised Hierarchy of Needs aligns fairly clearly with the 7 major chakras. Self-Actualization (recognizing one's own desires and self advocating) begins in the heart and throat. When the Brow chakra opens, so does a wider perception and understanding of self among others. The growth culminates in the Crown for Self -Transcendence when one's own interests voluntarily merges with the needs of the Collective Consciousness. Here is where 2020 can take Self Care to its higher purpose.

In these early months of the new year, it is tradition for new resolutions, letting go, and cleansing for productivity. Individually and full communities have a need to release stagnant patterns from the winter's slowed cycles. I've found three energy intercessions helpful for this. Lymphatic drains are helpful for the lymph to move waste, reduce swelling, and energize the immune system. A Magnetic Clearing removes leftover effects from prescriptions and emotional patterns which weigh us down. A Chakra Spread aids the client in adjusting to changes in the seasons, relationships, jobs, or homes that may have occured. Preparing the mind, body, and spirit for alignment of the Throat through Crown chakras is essential work to merge self interest with interest for all.

Beyond a formal energy session, you can use a mantra for each level of chakra awakening. For the crown, you could use the sound vocalization of "AH" (like a content "Ahhhhhhhh" after a great meal) or the mental intention, " I surrender to the highest and best that seeks to emerge through me." Too long? Short ones work as well:

I am complete; I am significant. I am not alone.

I am worthy of love from Divine energy.

The Universe is kind and loving.

I am supported in discovering my soul's purpose.

5I am here to make a difference.

Self-love wasn't "wrong" to pitch in the last few years. It was necessary. It was also the easiest part for business to "sell" quickly to the consumer. At the least, it got the ball rolling or chakras spinning we could say. With Self-Transcendence, an awareness of universal truth and oneness allows for understanding to permeate the whole being. Certainly, there may be an adjustment period. There will be a recognition (and sorrow) that not everyone in your circle may be at the same epiphany at the same time. There may be increased fervor to care for the habitat and others' consciousness. Altruistic actions and unconditional love may be misunderstood by those not at the same awareness level. But the peace that comes with the internal Knowing, the connectivity to ALL of creation -- once felt, it is never forgotten and anything less is no longer satisfactory. This was always the design. Care for yourself so that you can care for the Collective in grace, humility, and supjoy.

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The Crazy Wisdom Calendar

August 2024

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A Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth • Mondays, through Aug 26 OR Thursdays through August 29 • Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Course in Miracles Study Group. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Death and Dying

Death Cafe via Zoom with Interfaith Center for Spiritual Growth • Tuesday, August 6 • 6:30 p.m. to 8:00 p.m. • Discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs & Diana Cramer • Saturday, July August 17 • 10:30 a.m. to Noon • Join us for conversation about death and dying. A "death positive" event, not a grief support group, with deep listening. No agenda, no presentation. FREE, open to all adults. Specify Death Café when sending emails. For more information email TheDyingYear@gmail.com or visit DeathCafe.com.

Drumming

Drummunity Jams with Lori Fithian • 3rd Saturdays, August 17• 7 to 8:30 p.m. • Join us for a family-friendly music and drum jam - an evening of rhythm games, vocal improv, movement and more, all with a focus on FUN! Drums will be available, feel free to bring your own instruments! All ages are welcome. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Energy and Healing

Healing Through the Akashic Records with Shellie Powers • Times & Dates Vary • Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul, using the time-tested Pathway Prayer Process©. Four three-hour sessions. $500. For more information contact Shellie at (734) 926-8423 or visit powers365.com.

Energy Work - Wild Goose Form with Master Wasentha Young • Tuesdays AND/OR Thursdays through August 8 • Tuesday from 6 to 7:00 p.m. AND/OR Thursday from 10 to 11:00 a.m. • The Wild Goose Form, a series of interconnecting movements is a reverent dance that embodies the multidimensional aspect of Energy. It includes imagery, stretching, acupoint contact, and connections with universe, nature, and earth. Classes are in-person. Register by 4/20 for a $10 discount. Use code: ss2024. For more information contact the Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit .peacefuldragonschool.com.

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Check out the lineup online

Energy and Healing continued...

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, August 15 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in new world of unconditional love. Release judgment and fear. Help your soul group and the world heal and ascend. Discover your true purpose. Teleconference Call / Recorded / Supported by skilled world healing ascension workers. $300 for a series of six (continues into January). For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Festivals and Fairs

Enlightened Soul Holistic 2-Day Psychic Fair with the Enlightened Soul Center & Shop • The Weekend of August 3 & 4, & August 17 & 18 • Saturdays from Noon to 6:00 p.m. & Sundays from Noon to 5:00 p.m. • Join us for two days of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Holistic Psychic Fairs. What a great way to explore a variety of of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: $5 Saturday & $3 Sunday. FREE gift, FREE snacks, FREE parking. For more information contact Amy at (734) 358-0218.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, August 9 from 7 to 9:15 p.m. • Bring your friends and enjoy a free film and discussion about the film. Concessions are also available. Films to be shown are as follows. May 10: "The Notebook." 2013. The unbreakable bond between two people, rendered extraordinary by the strength, power, and beauty of true love. June 14: "Past Lives." 2023. Childhood friends confront love, destiny, and the choices that make up a life. July 12: "Eternal Sunshine of the Spotless Mind." 2004. A comical and poignant look at breakups, breakdowns, and breakthroughs. August 9: "Tibet: A Buddhist Trilogy." 2006. A three-part feature recombined into one that looks at the Tibetan people as they live now. FREE, concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visitjewelheart.org.

Healing

Laughter Yoga Playshop with Debra Metler • Saturdays through August 24 • 11 to 11:45 a.m. • Laughter Yoga is a unique exercise and yoga-like breathing program with multiple health benefits. In addition to being a lot of fun, Laughter Yoga reduces stress, strengthens the immune system, improves lung function, reduces chronic pain, and much more. No sense of humor is needed. We will laugh for no reason! Your brain won't know the difference. $15. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Herbal Medicine Series with Mary Light • Third Saturdays, through October 19 • 9:30 a.m. to 2:30 p.m. • An herbal medicine series spanning six months. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems/ physiology and conditions the herbal formulations should be used for or applied to. Held in a studio class format inside a pleasant apothecary and consulting space, located at 3684 West Liberty Road, Ann Arbor MI, 48103. Herbal Medicine series and classes are independently taught and are not part of state licensure program. $800. For more information contact Mary Light at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, August 4 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. $15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander and Gloria Hemsher • August 6 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. $10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Meditation

Sunday Morning Meditation Sitting with Various Teachers • Ongoing Sundays • 10 to 11:30 a.m. • Non-guided silent meditation. FREE. For more information contact Kenneth at (734) 678-0264 or visit stillmountainmeditation.org.

Weekly Silent Meditation Practice with Celeste Zygmont • Ongoing Sundays and Tuesdays • Sunday: 11:00 a.m. to Noon AND/OR Tuesday: 9:00 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation-based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sundays through August 25 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. No event on July 28. Online and in-person. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Mondays, through August 26 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditation. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Daylong Meditation Retreat With Carol Blotter • August in the Crazy Wisdom Community Room • 9:00 a.m.to 4:00 p.m. Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. Suggested Donation $30-$60 or what you can afford. For more information contact manager@mfcenter.org.

Labyrinth Tour with Rob Meyer-Kukan • Saturday, August 17 • 10:00 a.m. to 3:00 p.m. • A labyrinth is a tool to quiet the mind and open the heart. In the Ann Arbor area there are a dozen or so public labyrinths within 25 miles. Each style, setting, and material of labyrinth has its own feel and unique experience. Sliding scale donation $5-$30. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Wednesday, July 3, and Tuesday, August 6 • 6 to 7:30 p.m. • Come sing and play - join us for a summer of singing! No rehearsals, no concerts - just playing music for the FUN of it! We'll put lyrics and chords up on a screen, you sing and/or play along! All kinds of songs!! All instruments, ages, and levels are welcome. We alternate We alternate days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Sound Bath with Rob Meyer-Kukan • Friday, August 2 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Sunday, August 25 • 7:00 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the Gallery at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce

A SHAMANIC VIEW OF ANCESTORS:

The Power Within

By Judy Ramsey

In shamanism, ancestors are a source of great personal power and support that one may call upon to enrich one's growth, to gain wisdom, and to manifest one's highest good.

Who are the ancestors?

Depending on one's culture, they can be as specific as immediate family members or refer broadly to what shamanic practitioners call All Our Relations, including those with whom we have a heart connection, beloved animals, or everyone and everything who was alive at a particular moment in time. In shamanism, everything has a spirit with whom one may interact. It's about the connection one has to those in the web of life who are willing to help us.

Christina Pratt, in her *Encyclopedia of Shamanism*, defines ancestor spirits as spirits of deceased family members who are not only dead, but who have successfully completed their transition into the spirit world where they now belong. These are the **well** ancestors, who are in their power and want to help from their wholeness. These are the spirits a practitioner calls upon for support and guidance. Ghosts are ancestors who haven't yet achieved wholeness and can't support anyone.

IN SHAMANISM, EVERYTHING HAS A SPIRIT WITH WHOM ONE MAY INTERACT. IT'S ABOUT THE CONNECTION ONE HAS TO THOSE IN THE WEB OF LIFE WHO ARE WILLING TO HELP US.

Critical to working with ancestors is the development of a close relationship with them through honoring and acknowledgement. Many cultures honor their dead. Long ago, vigils were conducted in the home before burial, and the deceased continued to be honored through generations. Days of the Dead in Spanish and Latino traditions have an ofrenda, or altar, set up all year long. In Celtic traditions, people fasted and prayed that ancestors would come to the wake; they'd make amulets with the deceased's hair for an ongoing connection with the person. In Bali, every home is a temple with ancestral altars to keep them close to the family. In Africa, the sangona, or village wise one, retrieves wisdom from the ancestors and channels their advice to villagers.

Modern cultures of the western world have lost this connection with the ancestors. Over time, churches gradually separated people from their home-honoring of the deceased by setting up communal graveyards and rituals that replaced traditional celebrations. According to Dr. David Kowalevski, a shamanic practitioner who works with death and dying, the honoring of ancestors was replaced with honoring of saints. Religious authorities promoted the present and future life, rather than the past. Dr. Kowalevski also points to what he calls the "industry of dying" that further promotes disconnection—funeral homes, laws requiring coffin and burial specifics, sales of coffins, plots, and memorabilia for both human and pet deaths.

Why do ancestors matter?

It is the responsibility of ancestors to hold the memories and wisdom gained from the past all the way back to when humans first began to inhabit the Earth. It is the responsibility of the living to heal the past, to learn from ancestors' mistakes, and to create change for the descendants.

Ancestors are a source of personal power for a shamanic practitioner. They often present themselves to apprentice shamans, especially if the ancestor was a shaman, wise woman, or medicine man, themselves, and they become teachers and strong allies. A practitioner draws on the collective wisdom of humankind and translates this information from the past into appropriate rituals, healings, and ceremonies for the present situation.

Because our ancestors have the same energetic signature as we do, they can help with family problems and dynamics such as addiction, depression, conflict, or dysfunction. They can help to heal relationships with those who have died. They can also repair the DNA by restoring the original matrix of the person in shamanic ceremony. Ancestors make good helping spirits because they have spiritual experience derived from the crises they themselves experienced in their lifetime. They are the wisdom keepers of the line and the keepers of truth. They help us to face our moments of truth.

How do we connect with our ancestors?

From a shamanic point of view, our ancestors care deeply for us, because we are part of a spiritual family. They are always watching us and are always present, especially if we had a close relationship with them when they were alive. Explore your feelings about connecting with your ancestors. Does it feel comfortable or awkward? Is there anything within your psyche that resists connection?

In Dr. Kowalevski's experience, the ancestors must be called. They will give us what we need, not necessarily what we want, like any other ally. When I asked, my own spirit allies gave me the following tips to pass along.

1) It is best to connect with ancestors through ritual and ceremony. Finding the well ancestors, connecting in a meaningful way, and then maintaining that connection are the key points. Come from a place of gratitude and awareness.

2) Connect through an altar dedicated to the ancestors. Approach the ancestors with a desire to build community with them.

3) It is important to honor one's origins, all of which either came from or caused upheaval and dissolution of some kind. Honor the cycles of life and the energy it took to come to the present moment.

ONE DOES NOT HAVE TO BE A SHAMANIC PRACTITIONER TO HONOR ONE'S HERITAGE.

The shamanic view of ancestral energy is ancient and traditional across many world cultures. One does not have to be a shamanic practitioner to honor one's heritage. Look at family history to see what means of honoring ancestors is most appropriate. A simple photo collection is a good, basic beginning. Look at the photos and notice the physical similarities through the line. Talk with family members about the gifts that ancestors contributed and acknowledge those strengths within yourself. Learn the names of distant relations.

Judy Liu Ramsey is truly blessed by her relationship with her, Scottish and Chinese ancestors. She has been a shamanic practitioner for more than 12 years and is approved by Sandra Ingerman as an instructor for shamanic practice. She offers healing to both people and animals. If you'd like to learn more about how to access the depth of ancestral gifts through ritual, ceremony, and shamanic journeying, Ramsey will be teaching her class, Ancestors: The Power Within on May 4-5,2024. See the calendar listing on page XX under the header "Shamanism."

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stress and ease tension. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Cafe 704 Live Music with Interfaith Center for Spiritual Growth • Saturday, July 13, & August 10 • 7 to 9:00 p.m. • Cafe 704 is a smoke and alcohol-free venue with live music. $10 per person live or on Zoom. For more information visit Interfaithspirit.org.

Music, Sound, and Voice

Harmony for Your Soul with Kimberly Harrison Rieli & Jaime Lawrence • Thursday, August 8 • 3 to 5:00 p.m. • An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. You'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. More dates continue into November. $55 (with sliding scale options of $44 or $33). Located at the Infinite Light Center (formerly Jackson Spiritual Center), at 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.

Sacred Gong Bath with Coach Bill Sullivan • Friday, June 21 • 7:00 p.m. • Join Coach Bill Sullivan of Meditate School of Mindfulness and Sound for this transformational session using more that 12 sacred gongs. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit7notesnaturalhealth.com.

Sound & Vibrational Therapies Double Certification Course with Bill Sullivan • Monday, July 6 to Thursday, July 9 OR Saturday, August 10 to Tuesday, August 13 • 10:00 a.m. to 6:00 p.m. • This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of sound healing, but to give you "hands-on" experience. $1,590. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath & Gallery Reading with Rob Meyer-Kukan • Friday, July 12 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. $50. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath with Rob Meyer-Kukan • Friday, August 2 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. $40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Sunday, August 25 • 7:00 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Cafe 704 Live Music with Interfaith Center for Spiritual Growth • Saturday, August 10 • 7 to 9:00 p.m. • Cafe 704 is a smoke and alcohol-free venue with live music. $10 per person live or on Zoom. For more information visit Interfaithspirit.org.

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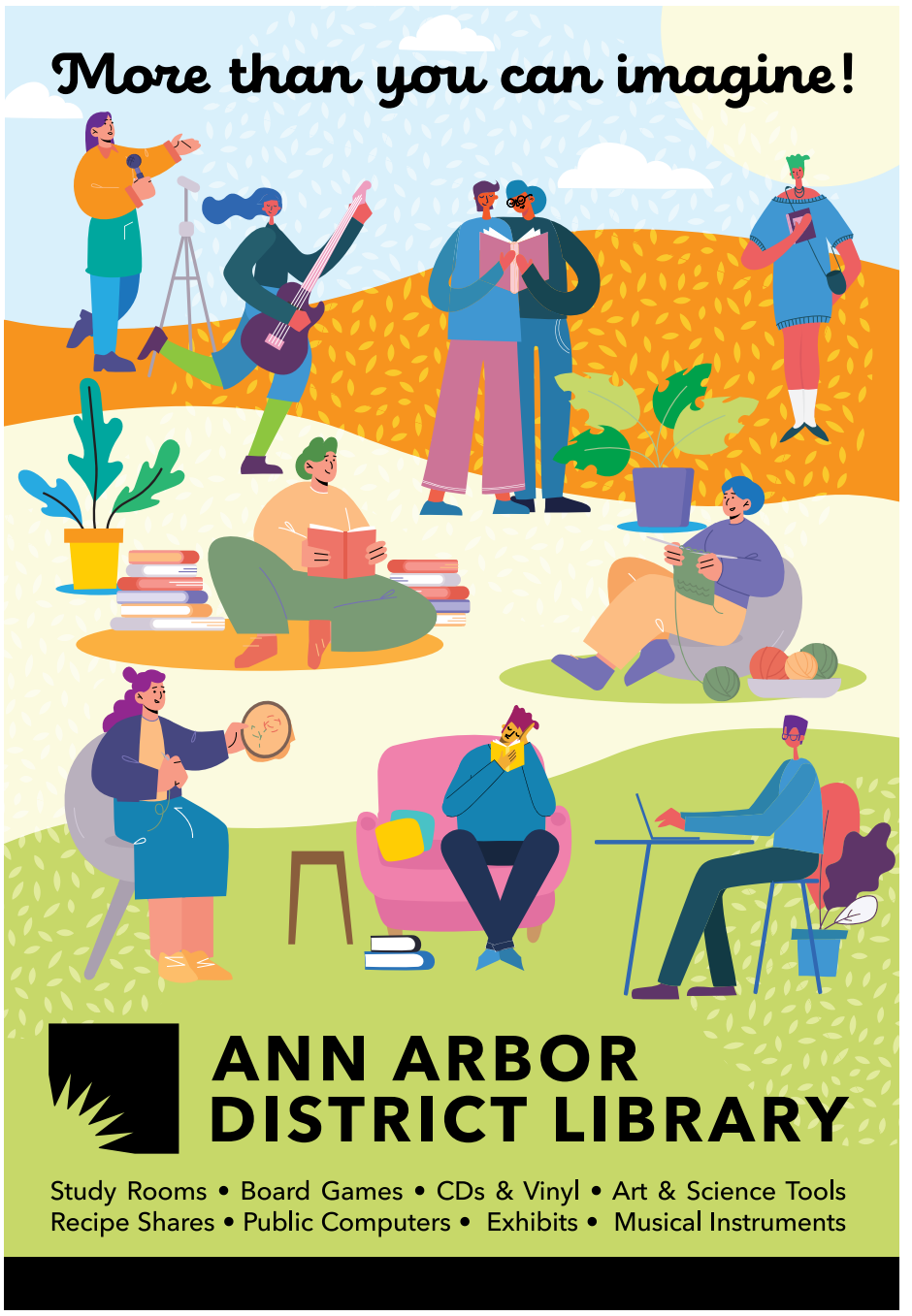
Personal Growth

Stop Sabotaging Your Self-Care Course with Christy DeBurton • Self-Paced • In this compact, powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Be inspired to eat healthy, sleep well + live better in your body. $19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.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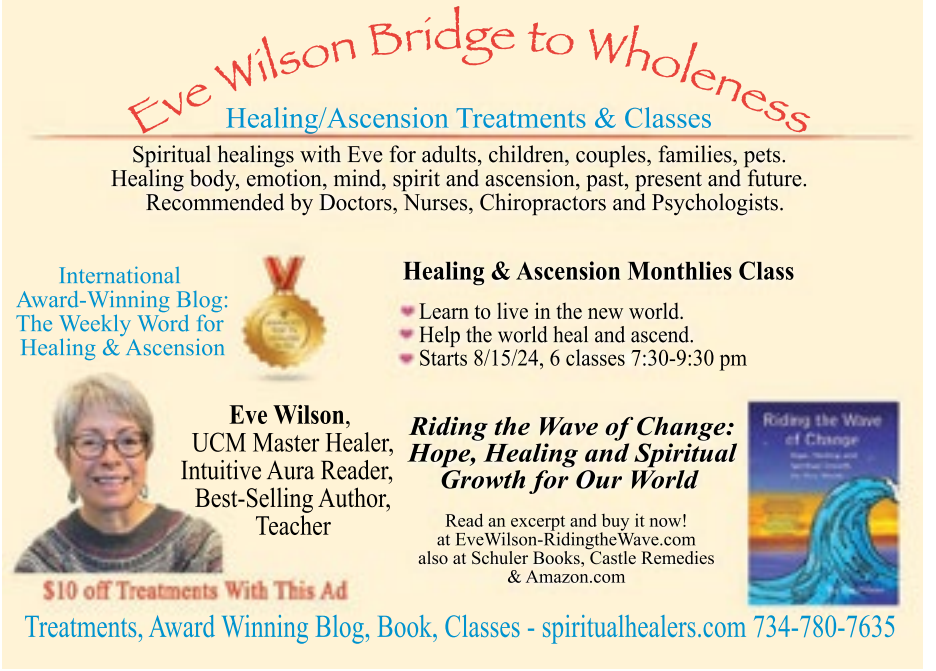
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The Crazy Wisdom Calendar

August 2024

Reiki

Okuden Reiki Level II Certification with Courtney Fitzpatrick • Friday through Sunday, August 23, 24 & 25 • Friday 5:30 to 8:30 p.m., Saturday and Sunday 1to 6:00 p.m. • At the Okuden Level II, we learn how to send Reiki remotely, we learn three different symbols which change the landscape of your connection and experience with Reiki, and we even learn how to Reiki situations etc. - for the highest and best to occur. $625 or early bird $560 until Aug. 3. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a Mini Retreat or a Personal Retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, July 18, August 1 & 15 • 7 to 8:30 p.m. • Explore concepts in your personal life path through shamanic journeying to receive information and tools to help you proceed with grace and ease. Pre-requisite: journeying skills. $25 per session or $40 per month. The first circle is free. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Journeying: The Art of Shamanism for Practical & Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, August 17 & Sunday, August 18 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is a powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time. Learn how to develop a practice of empowerment, so you can balance, moving intentionally through the world. This class is a prerequisite to more advanced shamanic studies. Taught online via ZOOM. $180 per person, $90 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, August 24 & Sunday, August 25 • 9:00 a.m. to 5:00 p.m. • Learn about the spiritual connection to illness. From a shamanic perspective, explore different ways to "diagnose" an illness as well as to address its healing. Deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual Light. In-person class. $220 per person, $100 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Healing Curses & Spells with Connie Lee Eiland • Saturday, August 24 from 10:00 a.m. to 5:00 p.m. and Sunday, August 25 from 10:00 a.m. to 4:00 p.m. • This in-person class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize curses and how to remove them safely. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. Class size limited to eight. $200 until August 10, $230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Spiritual Development

Learn To Read the Akashic Records: Beginner with Shellie Powers • Times & Dates Vary • Discover the most direct path to access Soul-level wisdom applicable to any life situation, consistently and reliably, using the time-tested Pathway Prayer Process©. Learn about the Akashic Records, the method of access, and develop your skills for successful navigation of the Records, for yourself and others, as a certified practitioner. Three, three-hour sessions. $360. For more information contact Shelly at (734) 926-8423 or visitpowers365.com.

Learn To Read the Akashic Records: Advanced with Shellie Powers • Times & Dates Vary • Experience the Akashic Records through the Pathway Prayer Process©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives, as an advanced certified practitioner. Three, three-hour sessions. $430. For more information contact Shelly at (734) 926-8423 or visit powers365.com.

Sufi Gathering with Amam Ayubbi • Tuesdays through August 27 • 7 to 8:00 p.m. • Evening of Sufi discussion and chanting held on Zoom. $5-$10 per session suggested. For more information visit interfaithspirit.org.

Witches Night Out • Second Wednesday of the month, August 14• 6 to 8:00 p.m. • We're excited to announce that Witches' Night Out is BACK! Crazy Wisdom has reopened their beautifully renovated upstairs space and is ready to host our monthly gatherings again! While the tearoom is no longer upstairs, you're welcome to bring your own food and drinks (just avoid anything too messy). Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! We start setting up right after 5 PM, and by 8 PM, we'll head downstairs to shop. Come to share, listen, learn, and enjoy the gorgeous new space. Everyone is welcome!

Through the Other End of the Telescope with G. Arthur Weidman • Second Saturday, August 10 • 7:30 p.m. Discussion of Metaphysical Matters, Emotional Intelligence, Consciousness as Part of the Quantum Field, and Intentional Creating. $8.00 suggested donation. For more information contact gweidman97@gmail.com. Held in the Crazy Wisdom Meeting Room.

Sustainable Living Skills

Learning Tour at Strawbale Studio with Deanne Bednar • Saturday, August 17 • 10:00 a.m. to Noon • Tour the Strawbale Studio & other enchanting natural buildings with thatched & living roofs, Strawbale walls, earth plasters and sculptures! See Rocket Stoves, Earth Oven, Mushroom Garden & more! Ask lots of questions! You may also want to register for the workshop scheduled that day. See website for natural building & craft classes! $20. For more information visitstrawbalestudio.org.

Tai Chi, Martial Arts, and Self Defense

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, and Saturdays • 4 to 5:00 p.m.• Instruction in Chen Family Style Tai Chi Chuan. Stance training, silk-reeling exercises, and Chen forms. FREE. For more information email Joe at annarbortaichi@gmail.com or visit annarbortaichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • Sundays through August 25 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this "soft

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style" martial art emphasizing relaxation and balance. In-person, no meeting on May 26 and July 28. Drop-in, $5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Women's Health

The Ultimate (Peri)menopause Guide with Christy DeBurton • Self-Paced • This guide will help youlearn about the different stages of (peri)menopause + the most common symptoms; gain knowledge about how to balance your hormones naturally through diet, supplements, herbs + self-care; learn techniques to lower stress and improve your sleep; identify how to exercise smarter for this time of life. $19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops: Wednesday, August 14; • Crazy Wisdom Poetry Series. Hosts: Edward Morin, David Jibson, and Lissa Perrin. Workshop writers discuss their poetry and fiction. Open mic and featured guest readings: Yousef el Qedra, Khaled Jumaa (5/22); Hedy Habra (6/26); Robert Fanning (7/24). Sessions virtual and accessible through Zoom. FREE. For more information contact Edward at (734) 668-7523, email eacmorso@sbcglobal.net, or visit cwcircle.poetry.blog.

Yoga

Yoga Your Way with Christy DeBurton • Ongoing • Aqua Yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats, and more. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Open Level Yoga with Michele Bond • Ongoing Sundays, Tuesdays, & Saturdays • Sundays, 4 to 5:30 p.m., Tuesdays, 6 to 7:30 p.m. & Saturdays 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Tuesday and Thursday Yoga with Jillian Diwan • Ongoing Tuesdays and Thursdays • 10 to 11:00 a.m. • Ashtanga-based yoga for every body! Limited space. $15. For more information email Jillian at jill@jamhandsbodywork.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students gain so much mind/body/spirit wisdom that they return year after year to enjoy this life enhancing practice. $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn universal principles of alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! $15 if registered for the semester, $20 drop in with instructor's permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Saturday Morning Yoga with Jillian Diwan • Ongoing Saturdays • 10 to 11:00 a.m. • Ashtanga-based led yoga class for every body! Donation-based contributions. For more information email Jillian at jill@jamhandsbodywork.com.

Hatha Yoga with Samantha Lieberman • Thursdays from May 2 to August 29 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Bring your own mats. Drop-in $15 per session – First visit is FREE! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Gentle Yoga Flow at Infinite Light Center with Paula A. Burke • Thursdays from May 2 through August 29 • Noon to 1:00 p.m. • Gentle Yoga Flow for everybody. Starting every class with a little meditation, offering a drop of essential oil, and then going into gentle yoga twists, bends, stretches, and long holds in luxurious poses will help with stress relief, mental & physical relaxation, and restoring energy. $10. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

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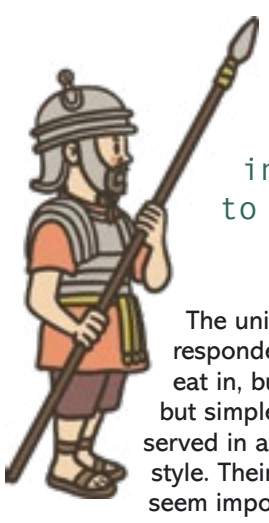
SPIEDO WITH LOVE

By Hilary Nichols

Spiedo: noun. A type of sharp-pointed metal spear or spit on which meat is roasted.

Brad Greenhill bought a vertical rotisserie on a whim. As the owner of the James Beard nominated "Best New Restaurant" Detroit's Takoi, Greenhill wanted to experiment with spit roasting meats. He had the notion that once a new location became available, he might branch out. Last October, along with his team, executive chef Michael Goldberg and General Manager Matthew Ferreira, Greenhil did just that. They opened Spiedo in a well-loved location in Ann Arbor. The 1300 square foot space was once Jerusalem Garden and then Chela's. If you've driven past Liberty on 5th Street, you surely have noticed the brightly painted exterior. Spiedo catches your eye. Greenhill was already a fan of the space, too.

During his student days at the University of Michigan he was a regular diner at Jerusalem Garden. In 2015 he had a pop-up in the spot, introducing Ann Arbor to his creative culinary expression with his Thai inspired menu. "The spot was on my radar," recalled Greenhill. With a busy walking district and a vibrant population, they knew Ann Arbor was the right place to introduce their unique concept. "We had wanted to create an elevated, fast, casual dining experience and felt like Ann Arbor was a great town for that with U of M and its plenty of foot-traffic," he said. Plus, the kitchen came equipped with a griddle that paired ideally with their rotisserie for quality, locally sourced meats carved hot from the spit served on freshly griddled flatbread.



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The unifying element is that simple. "The bread," Greenhill responded quickly when asked. Simple to grab-and-go, or to eat in, but what Spiedo has crafted from this pairing is anything but simple. The marinated meats, roll broiled are not necessarily served in a middle eastern tradition. No tradition is more their style. Their menu reflects this, with international influences that seem impossibly disparate but are married like magic in the hands of these talented chefs. Greenhill brings his Italian, BBQ, and Thai notes, next to Goldberg's refined flavor pallet. "Michael worked with me at Magnet, a restaurant we had in Detroit. His passion was hummus and falafel, and he loves his Hawaij, a Yemen style spice blend." Now he reaches for fish sauce, makes kimchi, and crafts the menu along with Greenhill "guided by just having fun and doing foods we like." Greenhill continued, "I am always going to push the dynamic flavors like umami, sour, and sweet. That crosses over well into creating dynamic food."

Dynamic is the word I was looking for to describe this fare. I first came to Spiedo on a lark, compelled by the bright exterior paint job, but I returned nearly every week for the flavors. The menu consists of four to six sandwiches, vegetable sides, and a few dips, which change and evolve seasonally. In my opinion each of these menu items is required eating before the season is over.

Everything on the menu is seasonal. The beets, carrots, and potatoes are all handpicked locally from their own family farm in Detroit. Greenhill's partner Noel grows the produce at HiO farms. From their website I read, "HiO Farm began in 2019 on an acre of cultivated land in Core City, Detroit and functions as an ongoing conversation between farmer and chef. Each season is planned with Takoi and Spiedo in mind, creating a closed loop, sustainable food system from seed to plate. This symbiotic relationship allows for product at its peak; it's not unusual for a harvest to be done the day the kitchen needs it." This isn't even something that Greenhill brags about, but it is this attention to quality that becomes evident on the plate. "Additionally, we rely on Ann Arbor's Ceely farms for beets and Tantre farms for carrots," Greenhill said. Our local land dictates the menu.

Read the rest of the article online!

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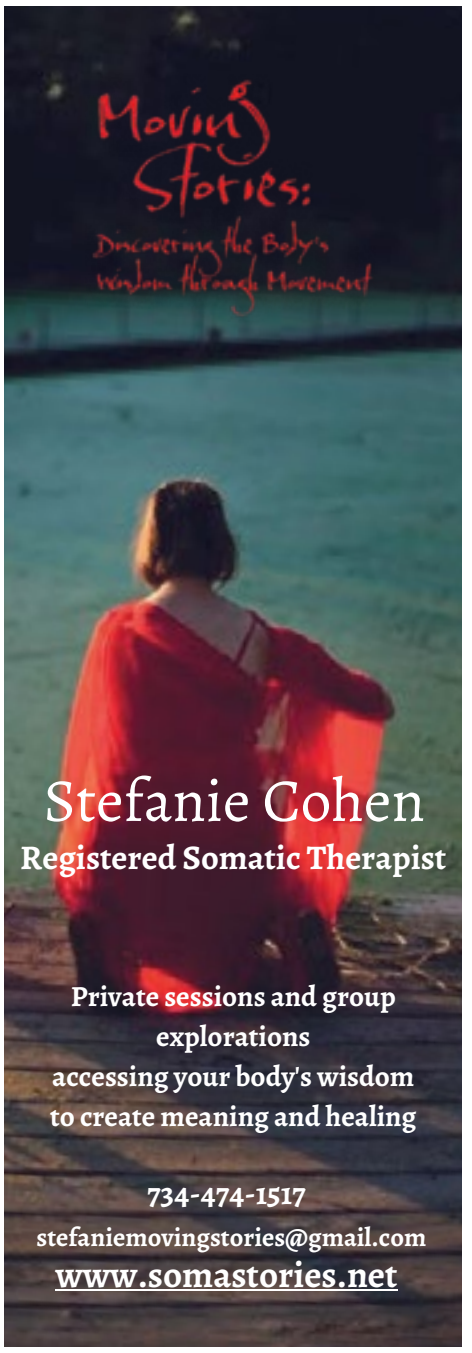

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Join us Wednesday, August 14. See the calendar listing on page 26 for more information.

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You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here'a a sampling of places around town where you can grab a copy of the current issue:

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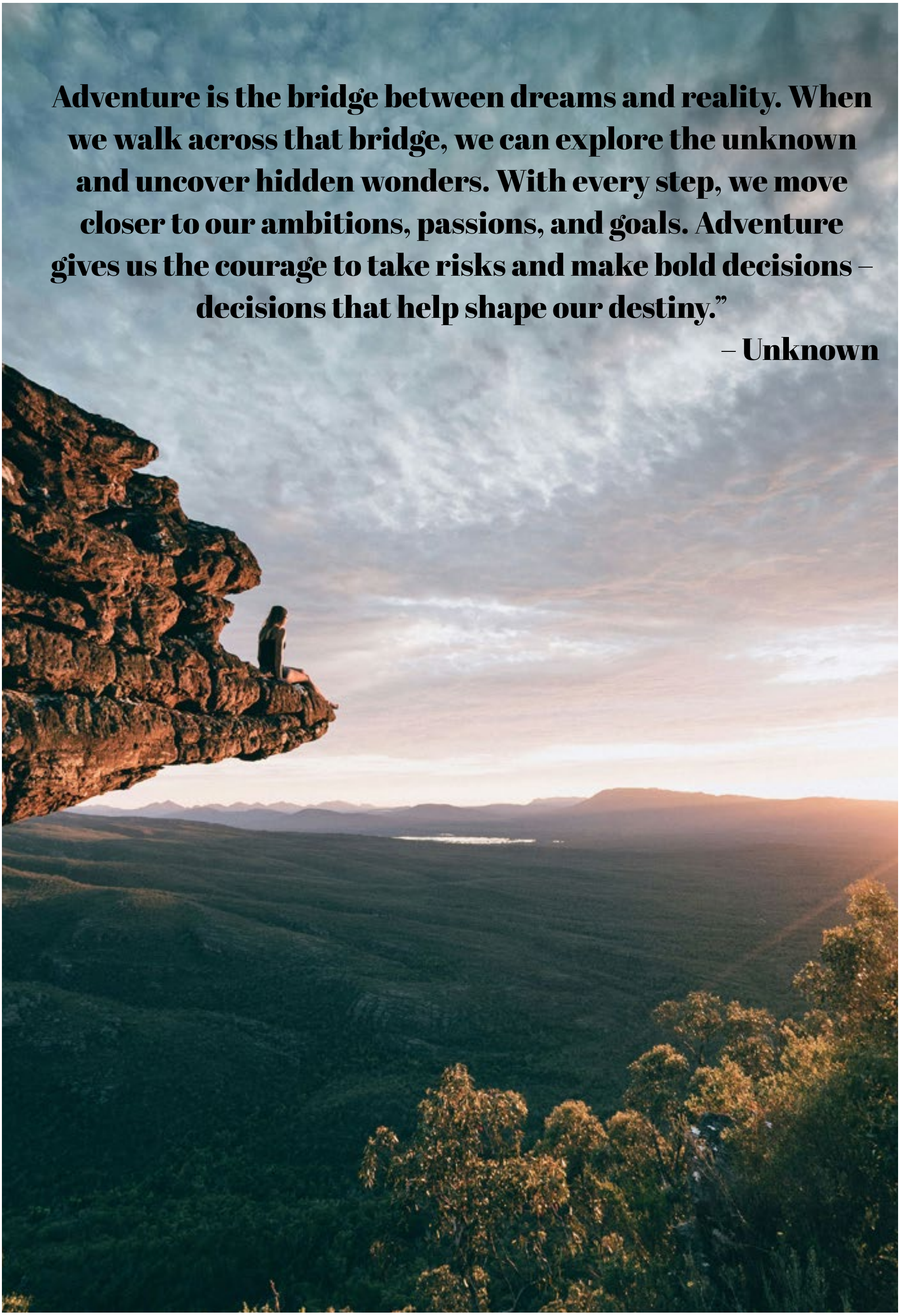
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